

Use this space to write about what you are thankful for today!

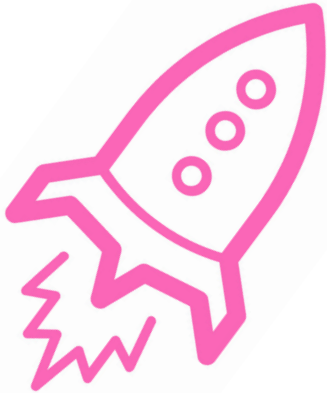
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www.pchsia.org

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it's ok to be angry...



When you feel mad, take a big breath in and then blow it out super hard like a spaceship at takeoff!



Use this space to write about how you feel
when you can't see your friends:

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you are a strong force!

Just like the storm rolling through the mountains, you are a strong force. Say out loud, "Just like the storm, I am strong."

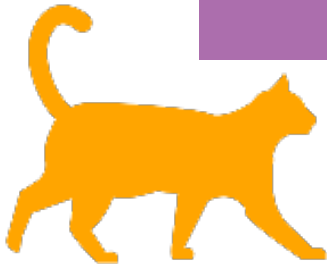


Use this space to draw or write about how you feel when you're upset:

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it's ok to get upset...

If you're upset, give yourself a hug, take time to calm down, take deep breaths, draw or write, or talk to someone that you trust!



Use this space to write about what you are
looking forward to when school starts:

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go on a scavenger hunt

Try to find things in your house that start with each letter of the alphabet. Be creative with your items, & clean up when you're done!



Use this space to write down the names of
people you can call to talk to!

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it's ok to be sad.

We all feel sad sometimes, and it can help to talk to a friend you trust. Having someone to share your feelings with is good!



Use this space to write or draw about how
you feel today:

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it's ok to be overwhelmed

If you feel overwhelmed, take a walk, play outside, read a book or try a new yoga pose!



Use this space to write down what you discovered with your senses:

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stop! use your senses!



Close your eyes, and think about what you hear, smell, taste and feel!



Use this space to draw or write about your favorite animal!

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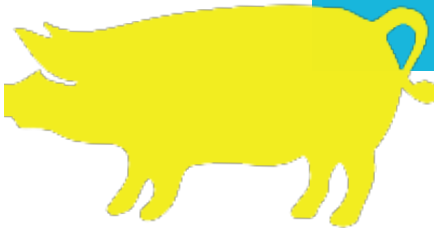
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practice belly breaths

Just like the pig, fill up your belly with air and let it all out with a big breath!



Use this space to draw a picture of the
person you trust the most:

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you are never alone

We all feel a little alone
sometimes, but you can always
text (855)895-8398 to talk to
someone who can help!



Use this space to write 5 ways you are going
to move your body today:

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take time to decompress

When you feel stressed, take a breath in and then let it out with a big "SSSSSSS" like a snake!



Use this space to write or draw about your favorite memory from school:

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share your good Vibes!

If you're feeling super excited, have a quick dance party! Play your favorite song and get groovy!



Use this space to write or draw about what you're excited for when school starts:

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happiness is contagious!

When you get extra happy,
smile big and hoot like an owl!
“Hoot! Hoot! Hoot!”



Use this space to write about or draw the best part of your neighborhood:

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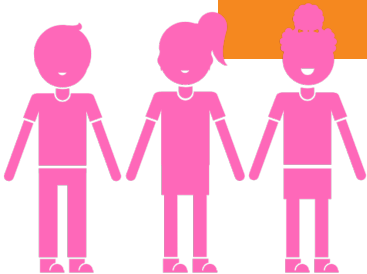
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it's ok to be scared

Lots of change can sometimes feel scary. Share your concerns with someone you trust.



Use this space to write about or draw a picture of you and your friends:

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it's ok to cry...

Tears are a way to show emotions like sadness, joy, & frustration. Crying helps us feel better. So, cry if you want to!



Use this space to show or tell about a time
you helped a friend!

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it's good to feel strong

With great power, comes
great responsibility! Use
your power to help a friend.



Use this space to write or draw about what makes you happy!

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play iSpy inside!



Play iSpy with a family member, and try to find every color of the rainbow!



Use this space to draw your plans for your blanket fort:

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build a blanket fort!

Building a blanket fort can be a fun way to have a secret hide out in your home! You could even read a book or play games in your fort!



